



Wyoming National Guard Retiree News

Volume VI, Number 4

March 2009

HONOR FLIGHT - WYOMING

Honor Flight - Wyoming has been formed to send WWII veterans to visit the memorials in Washington, D.C., at no cost to the veterans.

Sufficient funds are available to schedule the first trip for May 19-20, and hopefully for another trip in the fall. Veterans must apply to be selected for the trip.

Volunteers are needed to serve as guardians to assist the veterans during all aspects of the trip. One guardian will care for three veterans. Guardians make a \$800 donation to cover their travel cost. Guardians cannot be older than 70 or younger than 18.

Call (307) 772-5145, and the proper application will be sent to you. The goal is to have two trips a year for the next several years before the program will begin hosting Korean War veterans.

NEW VSO BEGINS WORK

Gerald Swan has been designated by the WVC as the state veteran service officer for the Bighorn Basin. He is available to assist veterans and their families in the area with claims, benefits and health care issues. He is retired USAF, disabled veteran, graduated from Meeteetse High School and resides in Cody. His office is in the Cody Armory (307) 250-3890.

ENROLL IN VA PRIORITY 8

The VA will reopen enrollment in July 09 to some veterans who do

not have service connected injuries and are classified in Priority 8 category.

Openings will go to moderate income veterans who have lost their jobs or suffered income losses in the past year. About 264,000 veterans may be helped by this change.

Since 2003 VA benefits have been denied Priority 8 personnel. Enrollment decisions will be left to regional directors and those selected will be given health benefits free and without co-payments.

BRIGADE TO DEPLOY

More than 940 WyARNG Soldiers will deploy in April. They will be assigned to bases in Kuwait and Iraq. Their missions will be to provide management overview, force protection and convoy security in and out of Iraq.

The 115th Fires Brigade will command more than 2,400 troops from Colorado, Alabama, Minnesota, South Dakota and Wyoming.

Deployment ceremonies are scheduled for April 17 in Cheyenne, and April 19 and 21 in Casper. The units are scheduled to return to Wyoming in April 2010.

WING LEADER NAMED

Col. Dennis Grunstad assumed command of the WyANG's 153rd Airlift Wing, from Col. Harold Reed, on Dec. 6, 2008.

His prior assignment was as vice commander under Reed.

Reed had served as the wing commander for the past 5 1/2 years

and has accepted a short tour assignment in Pakistan.

Grunstad graduated from the USAF Academy in 1981 and joined the WyANG in 1991 as a traditional line pilot.

He took a leave of absence from his civilian employer, American Airlines, to concentrate on his new WyANG full-time duties.

GUERNSEY AWARDED

The WyNG's Camp Guernsey Joint Training Center won the FY 2009 Army Community of Excellence Special Category award, designed to annually recognize excellence in installation management as well as the productivity resulting from a combined effort from the installation and community.

ATC WINS AWARD

The 243rd Air Traffic Control Squadron was named the D. Ray Hardin ATC Facility of the Year for 2008.

This is the second time in four years the unit has been selected by NGB for the award.

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MUSEUM NEWS

Wow, so many things have happened at the museum since the Nov. retiree newsletter, it is difficult to start.

The library room is full of matching book cases. The shelves go from floor to ceiling. Now, the books need organizing.

Milo Dawson has built nearly 50 more manikins. We can now dress them and get them into some of the armories. The WyNGA donated a large steamer; it will help us make all the uniforms look much nicer.

The new flag pole is in place. We have some new acrylic display cases to prepare; one will be a memorial display to honor fallen WyNG members.

Display boards are being made showing all the shoulder patches ever worn by the WyNG, one for Army and one for Air. They will be very colorful and informative.

Future displays will include military coins and belt buckles. We will need folks to donate their coins and buckles.

We saw a neat way to display WyNG caps by using chicken wire. Our cap collection is quite large.

We will be having our annual meeting April 23 at the museum at 7 p.m. to coincide with WyNGA meeting on April 25. You are warmly invited to attend, bring your suggestions and yearly dues.

WMHS/museum dues are \$20 per year plus additional donations are always appreciated. Send them to the WyNG Museum, 624 E. Pershing Blvd., Cheyenne, WY 82001.

We use those funds to buy paint, lumber, hardware and display material.

Our big new item is that there is now an official full time WyNG historian, and his name is Dan Mo-lineaux.

We are quite excited to be working with him. A big thank you to all who helped make this happen.

EDITOR'S COMMENTS

The major intent of publishing the newsletter is to help keep the Wyoming National Guard retirement community informed on retiree information and issues concerning them.

We welcome any suggestions from our readers on how we can improve and better our service.

As I look back over the past year I come to realize why it was called "The year of change." Some of those who said "I have a dream" saw their dreams come true.

For example, we have our first black president, the Arizona Cardinals played in their first Super Bowl, there is a Wyoming National Guard Museum in Cheyenne, and, thanks to our 2009 Wyoming Legislators, surviving spouses can now possess WyNG license plates.

Particular thanks go to Representatives Pete Illoway and Eli Bebout for carrying the ball on that bill.

We also send out an email message from time to time to readers with email.

If you are not on our email list and wish to be added send your email address to RHolmes632@aol.com.

The same is true if you can receive the newsletter by email, notify us.

We send out an email message as soon as the next newsletter is available with the issue attached as a PDF.

The issue can also be found at: <http://www.wy.ngb.army.mil/PAO>. We have lost contact with several readers as they did not inform us of a change in address. Individuals are listed in an article of this publication titled "Lost, not found."

Your help is solicited to re-locate these individuals.

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OBITUARIES

This section of each newsletter is dedicated to those who have passed on.

ROBERT (BOB) M. BARKER, 90, died Feb. 16, at the Sheridan Manor in Sheridan, Wyo. He was born March 29, 1918 in Butte, Mont. After graduating from high school he joined the CCCs and worked at the camp in Dayton, Wyo. Bob was an expert horseman and joined the 115th Cav, Rgmt, WyNG Feb. 3, 1941, and was immediately mobilized with the unit to Fort Lewis. Bob transferred to the Army Air Corps and became an aviator, flying C-47s in Europe for most of the war. He joined WyARNG as a CPT aviator in 1954 and flew L-19s until his was transferred to the Retired Reserve as CPT Jan. 30, 1964.

REGINALD (REGGIE) M. FOWLER, 60, died Jan. 2, in Gainesville, Ga. He was born Jan. 5, 1948, at Bolling AFB, Washington, D.C. Reggie had prior USAF service as a pilot before he joined the WyANG as a CPT May 22, 1979. He was transferred to the Retired Reserve as LtCol in March 92. TERRY L. KOERWITZ 58, died Nov. 11, 2008, in Cheyenne, after a valiant battle with cancer. She was the wife of CSM Bruce Koerwitz who retired from the Wy ARNG the end of Feb. 2009, both as full time and military. Terry was born July 18, 1950, in Miles City, Mont. She and Bruce had been married 26 years.

MARION E. LATTA, 82, died Nov. 28, 2008, in Cheyenne, after a long battle with cancer, as well as diabetes and AZ valley fever. She was the wife of well known COL (Retired) Bob Latta. Marion was born June 25, 1926, in Wheatland, Wyo. She and Bob had been married 25 years.

DOLORES M. MODESITT, 84, died Jan. 6, in Longmont, Colo., and was born Jan. 21, 1924, in New Rockford, N.D. She was the surviving spouse of LtCol (Retired) Robert (Bob) F. Modesitt who died May 14, 1992, at age 69. Bob served in the WyANG for 37 ½ years, retiring both as full time technician and military in March 1979.

WAYNE G. VANDERPOEL, 89, died on Dec. 12, 2008, in Cheyenne, at Mountain Towers. Wayne was born Oct. 16, 1919 in Lodi, Wis., but spent most of his adult life in Torrington, Wyo., as the State Farm Insurance agent for almost 42 years, retiring in 1992. Wayne enlisted in the US Army Air Corps in Feb. 1941 and was an aviator during WWII. He joined the WyARNG as a CPT Jan. 20, 1952 and served as a pilot

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flying L-19s until his transfer to the Retired Reserve on Feb. 19, 1963.

LOST, NOT FOUND

Listed below are the names and last know location of readers we have lost contact with, mainly due to non notification of change in address. Let us know if you know the current location of any of them.

ARNG: Mrs Barajas, Torrington; Mrs Brinkerhoff, Lovell; Ronald Brown, Rock Springs; Timothy Carroll, Gilbert, AZ; Stephen Davis, Diamondville, WY; Gary Decker, Story; Vincent Defler, Cheyenne; Dick Dickerson, Leesburg, FL; Thomas Florence, Riverton; James Harley, Casper; Wesley Harris, Douglas; Michael Lambert, Wheatland; Robin Lancto, Rawlins; Eric Newton, Fall River Mills. CA; David Odell, Aurora, CO; Bernard Portz, Laramie; Bernard Rivera, Rock Springs; Marilyn Snow, Las Vegas, NV; Gary Stulc, Greybull; Bill Swartz, Cheyenne; David Walker, Torrington; Charles Wright, Casper.

ANG: John Akers, Burns; Rueben Alzagy, Cheyenne; Gary Anderson, Bethany, OK; David Baker, Aurora, CO; Deanna Cowan, Westminster, CO; Timothy Cowley, Cheyenne; Mark Gray, Yuma, AZ; Brenda Hamar, Cheyenne; Giles Harlow, Carlsbad, CA; Howard Joy, San Leandro, CA; Michael Montgomery Bayville, NJ; Don Moore, Cheyenne; Jack Morrison, Loveland, CO; Valerie Owens, Cheyenne; Harold Plitt, Cheyenne; Eleanor Pope, Denver, CO; Betty Reynolds, Lakewood, CO; Rodney Runnells, Cheyenne; Carol Russell, Cheyenne; Gary Schwartz, Belleville, WA; Bill Slinger, Latham, NY; Brent Stille, Cheyenne; Roberta Trimble, Cheyenne; Daniel Webber, Liberty MO; Mike Williams, Denver, CO; James Woehl, Hot Springs, SD.

NEW UNIFORM POLICY

The U.S. Air Force has directed personnel to wear short sleeve blue shirts and blue dress pants as the duty uniform every Monday. Only those who need to wear utility uniforms due to mission may do so.

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ASSOCIATIONS

The Wyoming Military Department is sponsoring, June 1-5, the Adjutants General Association of United States (AGAUS) annual conference in Jackson, Wyo.

In view of that and the mass WyARNG deployment in April, the WyNGA will conduct a business-only session this year on April 25, from 0800-1200, in Cheyenne, at the Pronghorn Center, located on F. E. Warren Air Force Base.

The Auxiliary will hold its annual meeting at the same time.

Retirees are urged to submit any resolutions they feel should be considered at this meeting.

In August, the WyNGA is going to have a big shindig in Cheyenne with a guest speaker, golf tourney, dinner, fund raiser, etc., and invite corporate sponsors to attend.

EANGUS will conduct its 38th Annual Conference Aug. 9-12, in Rochester, Minn.

NGAUS will hold its 131st Annual Meeting in Nashville, Tenn., Sept. 11-13.

The WyNGA, NGAUS and EANGUS urgently need more retiree support and that can be done by purchasing a one time lifetime membership if you have not already.

For officers: NGAUS=\$125 plus WyNGA=\$25, total=\$150; Enlisted: EANGUS= \$100 plus WyNGA=\$25, total= \$125.

Officers contact Jim Edington at (307) 772-5968 and enlisted contact Greg Wheeler at (307) 772-5968 for procedures.

Payment can be accomplished by credit card online.

WyNGA operates a very good up to date web site at <http://www.wynga.org> where all of the above information can be easily located.

MEMBERS RECOGNIZED

The following WyANG members were recognized for outstanding service in 2008 at a formal banquet in January.

Outstanding Airman of the Year:

Senior Airman Olivia O. De La Torre; NCO of the Year: Staff Sgt. Monte C. Medina; First Sergeant of the Year: Master Sgt. Brandi L. Matzek; Senior NCO of the Year: Master Sgt. Shane S. Larson; Company Grade Officer of the Year: Capt. Michelle R. Mulberry; Flag Team Member of the Year: Senior Master Sgt. Carl Hocking; Chiefs Council award recipients: Master Sgt. Daniel Lyon, Tech. Sgt. Lewis Garza, Tech. Sgt. Jeremy Mullin, Tech. Sgt. Nancy Winter, Staff Sgt. Elias Camargo, Staff Sgt. Victoria Lopez, Staff Sgt. Bruce Scheel and Senior Airman Ann Fitzgerald; Unit Career Advisor of the Year: Master Sgt. Lynette K. Kelley; Top Recruiter of the Year: Tech. Sgt. Milton D. Fitzgerald; Rookie Recruiter of the Year: Tech. Sgt. Mark E. Hill.

FAMILY GROUP AWARDED

The 153rd Airlift Wing's Family Readiness Group was honored by being selected for the 2008 DoD Family Readiness Award out of all the ANG units in the nation.

Each year the award recognizes one unit from each of the seven reserve components. This was the second time in three years the unit has received the award.

YOUTH CHALLENGE UPDATE

The WyNG Youth Challenge Program graduated its sixth class on Dec. 7, 2008, with 37 cadets completing the course. The class was honored to have First Lady Nancy Freudenthal, State Auditor and retired WyANG Col. Rita March 2009

Meyer and Maj. Gen. Ed Wright speak during the ceremony. The grandson of one of our WyARNG retirees, 1st Sgt. Jan Smith, was one of the graduating cadets.

The seventh class began Jan. 24, and is scheduled to graduate in June.

The program requires a mentor be assigned to each cadet. Retirees are good mentors. If you are interested in becoming a mentor call (307) 836-7503 or go to <http://www.ngycp.org/state/wy>,

MEMBERS SURVEYED

Every two years, the WyMD conducts a command climate survey. In 2008, 71 percent of the WyANG and 44 percent of the WyARNG took the survey. Responses were down in view of the mass deployments. Results showed the majority believed they belong to a strong organization. Highlights of the survey include:

92 percent of WyANG and 89 percent of WyARNG think they are prepared for combat.

77 percent of WyANG and 75 percent of WyARNG think promotions are handled fairly.

96 percent of WyANG and 92 percent of WyARNG believe families appreciate their service.

15 percent of WyANG and 16 percent of WyARNG had concerns about employer support.

16 percent of WyANG and 13 percent of WyARNG would not report a sexual harassment.

1 percent of each had been subject to racial discrimination.

3 percent of each had been sexually harassed by a Guard member.

SPOUSES GET PLATES

Finally, we have great news for the surviving spouses. Through

the effort and influence from the WyNGA and WyNG Retiree Council, and Rep. Pete Illoway, from Laramie County, carrying the ball, the 2009 Wyoming Legislature amended the State Statute to allow WyNG surviving spouses to retain WyNG license plates effective immediately.

This action is very timely as this year new plates and designs are being issued. The amendment to add reads as follows: "Is the surviving spouse of a deceased Wyoming National Guard member who was issued a license plate under this paragraph prior to death and the spouse is drawing a military survivor annuity."

Interested qualified surviving spouses should pick up an application at their local county treasurer's office, complete the form and return it to the treasurer's office for processing. Allow 30 days for processing.

If you have any questions contact Debbie Franck at (307) 772-5167 or debra.franck@us.army.com. If you want to show your appreciation, send a thank you note to Pete Illoway, 839 Ridgeland St., Cheyenne, WY 82009-3247 or pete_chloeilloway3@msn.com.

SALUTE RULE MODIFIED

Last year's defense bill started allowing veterans and active duty military not in uniform to render a military style hand salute during raising, lowering or passing of the flag.

An additional change was in the 2009 defense bill and signed by the president on 14 Oct which now also allows veterans and active duty not in uniform to render the salute during the playing of the national anthem.

WREATHS ACROSS USA

Dec. 13, 2008, marked the 17th year Worcester Wreath Company of Harrington, Maine, donated wreaths to decorate each grave at Arlington National Cemetery.

This was the second year they donated wreaths to decorate each grave on more than 230 National and State Veteran cemeteries which included Wyoming's Oregon Trail State Veterans Cemetery, in Evansville. The national campaign is dubbed "Wreaths Across America."

VETS IN CONGRESS DROP

The percent of members of Congress with prior military service has declined steadily since it peaked at 74 percent in the house in the late 60s and 78 percent in the senate in the 70s. Last year the 110th Congress had 28 percent of senate and 23 percent of house members who had served in the military. The 111th Congress will show a slight decline in both.

NG CELEBRATES BIRTHDAY

Soon after the pilgrims landed and long before the Declaration of Independence was written, the National Guard was born. 372 years ago. On Dec. 13, 1636, the Massachusetts Bay Colony ordered militia companies to be formed into three regiments. From that beginning the National Guard has grown into nearly a half a million strong.

NGB OFFICES EXPAND

In the mid 1990s, the NGB ARNG directorate moved from the Pentagon to a new building at Arlington just off Highway 50 in Washington, D.C. It was jokingly called the "Mini Pentagon" as it was three-sided and came to be known as the Army National Guard Readiness Center.

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The 2005 BRAC authorized a \$98 million expansion of the center for which construction started in last December with a completion date of mid 2011. The expansion will consolidate NGB personnel located at various DC locations.

BILLS OF INTEREST

Bills of interest to the WyNG retirement community being considered by the 111th Congress are as follows:

HR 208 – Would make NG active duty service credible for retirement retroactive to Sept. 11, 2001, rather than Jan. 28, 2008; would allow retired age three months earlier than 60 for every 90 days of service.

HR 270 – Would allow gray area NG to purchase standard Tricare.

HR 303 – Would authorize full and immediate concurrent retired pay for all retirees with at least 20 years service and have service connected disabilities.

HR 333 – Would authorize full and immediate concurrent receipt of retired pay for members with service connected disabilities including those with less than 20 years of service.

HR 816 – Would permanently stop DoD from increasing the cost for Tricare enrollment fees, co-pay and other such fees. DoD has requested such increases for the past three years but Congress has rejected their request each time.

The Military Coalition headed by MOAA strongly endorses these proposed legislations. They urge all those affected to encourage their congressional delegation to co-sponsor these important bills.

MOAA PRIORITY ISSUES

The Military Officer Association of America (MOAA), with the support of the Military Coalition, *Retiree News -- Wyo. Military Dept.*

has set the following issues as their priorities for the coming year:

- *Seek to lower the age for permanent ID cards for spouses from present age 75 to 70 or preferably 65.

- *Support legislation to authorize payment to the survivor for the full month of retired pay for the month of service member's death.

- *Seek authority to restore Tricare coverage to remarried SBP surviving spouses if the second marriage ends, same as VA now is authorized to restore CHAMPVA for survivors of VA veterans.

- *Repeal or reduce Windfall Offset against government employees where their social security benefits are penalized or reduced.

- *Support any legislation which lowers retirement age below 60.

- *Restore Tricare as a true second payer to other health insurance as TFL is for Medicare. Now, Tricare pays nothing if other insurance pays more than Tricare allows.

- *Codify requirements to continue Tricare Prime benefits where the local military facility is reduced or closed.

- *Ensure Tricare Prime access standards are met and appointments, specialty care authorizations and referral processes are upgraded to meet beneficiary needs.

- *Seek legislation to provide a subsidy for the Tricare Retiree Dental Plan that will better serve enrollees and encourage more retirees to enroll in the plan.

- *Seek authority to allow active and retired military to pay health care expenses and premiums with pretax dollars as is already authorized government employees.

RSOs

Permanent Retirement Service Offices, or RSOs, are located in Cheyenne to serve retirees, family members and surviving spouses with their administrative needs.

Recently widowed spouses are encouraged to contact the RSOs ASAP.

Personal visits should be prearranged by appointments: POC as follows:

ARNG: Staff Sgt. Zachary "Chane" Welchman, toll-free (866) 992-7641, ext. 5238, local 772-5238, 5500 Bishop Blvd, Cheyenne, WY 82009; email:

Zachary.welchman@us.army.mil.

ANG: Master Sgt. Denise Hondel, toll-free (866) 992-7641, ext 6457, local 772-6457, 217 Del Range Blvd, Cheyenne, WY 82009; email: denise.hondel@ang.af.mil.

In addition, the most up-to-date computer software systems, for issuing military ID cards and DEERS registration (active, gray area, retired and dependents), are permanently located as follows:

1. WyMD, 5500 Bishop Blvd., Cheyenne.
2. Laramie Armory, 2901 Armory Rd.
3. Sheridan Armory, 3219 Coffeen Ave.
4. Casper Armory, 5905 CY Ave.
5. WyANG, 217 Dell Range Blvd, Cheyenne.

Please note: U.S. Air Force installations no longer require the display of a DoD vehicle ID decal; however, most other services do, particularly the U.S. Army. The WyANG will continue to issue decals at the WyANG base, 217 Dell Range Blvd., Cheyenne. Check at the WyANG front gate for the location of the issuing office.

RETIRED PAY

Defense Finance and Accounting Service implemented the MyPay web March 2009

at <https://mypay.dfas.mil> in 2000.

At the web, members can accomplish pay related transactions as well as obtain copies of their annual 1099R and current retiree account statement (RAS).

Obtain access by using your SSN and assigned PIN. If you do not have a PIN, a temporary PIN can be obtained by clicking on the New Pin button on the home page.

SBP law changed in 2008 to stop withholding SBP payments for retirees who are 70 years or more and have paid 360 months (30 yrs) of SBP premiums. Those whose retired pay started at age 60 will have to wait until age 90 or death of designee for payments to stop.

RAS now includes a premium counter in the SBP coverage section which tells you how many months you have paid. Call toll free (888) 332-7411 if you have questions concerning MyPay and (800) 321-1080 for questions concerning 1099R.

Same service is available for Civil Service retired pay at the web: www.servicesonline.opm.gov.

Obtain access by using your nine digit claim number and PIN assigned by OPM at time of retirement. To obtain a PIN send a message including your claim number to retire@opm.gov & put "PIN Request" in subject line or call (800) 409-6528.

COLA HICCUP

Between Oct. 1, 2008 and Feb. 1, 2009, inflation showed a negative 4.8 percent, the biggest drop in over 60 years. History shows inflation can take a wild up or down so it is hard to predict what will happen come Sept. 30.

It is possible we could go from 2009 being the largest COLA in three decades to the smallest in many years beginning in 2010.

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One question that keeps rising is "What happens to COLA if inflation is negative?" The answer is there would be no COLA for that year. Retired pay will never be reduced even if COLA is negative every year.

WyNG RETIRED CAPS

Wyoming (Army or Air) Guard Retired Caps are still available for purchase from the Wyoming Militia Historical Society (WMHS).

Like everything else, inflation has affected the caps. Cost is now \$12 plus \$2 for shipping.

Caps are of the latest design in dark brown with lettering and traditional bucking horse with rider in gold.

Make your \$14 check payable to WMHS and send to Bob Holmes, 1508 Hot Springs Ave., Cheyenne, WY 82001-5361 (April 15 - Nov. 15) or 2134 N. Ramona Ave., Casa Grande, AZ 85222-1325 (Nov. 15-April 15).

Caps will be sent upon receipt of your money. You can pick one up for \$12 at the WyNG Museum, 624 E. Pershing, Cheyenne, by either calling the museum at (307) 638-9481 or Milo Dawson at (307) 214-9433 or Bill Hickman at (307) 630-8030.

RETIREMENT UPDATE

NGAUS still seeks sponsorship of two possible earlier retirement age legislations.

One is called "2 for 1," which would reduce age 60 by 1 year for every 2 years served after 20 years are completed.

The other is to set the retirement age at 55 rather than 60.

Readers are urged to let their congressional delegation know where they stand on this issue and encourage them to sponsor such legislation.

MEDICARE PREMIUMS

For the first time since 2000 Medicare premiums did not rise for those with incomes at \$85,000 (\$170,000 for couples). The premiums will remain at \$99.40 per month and the one time Part B deductible at \$135. Those with higher incomes did see a slight increase but smaller than expected.

TRICARE FEES

Every odd number year that coincides with a new Congress, the Congressional Budget Office (CBO) produces a document with ideas on how Congress can save money.

These are only ideas, not formal proposals. The most recent CBO report really alarmed the retirement community as some options focused on raising Tricare out of pocket cost for retirees and their families. It is not new, as the same proposals have shown up every time for the past few years. However, this time the concern is heightened as the individual who used to draft these option papers is now the director of CBO. The 34 military organizations belonging to the Military Coalition, headed up by MOAA and EANGUS, are well aware and are watching it closely.

No need to be alarmed yet, as Congress has defeated any such proposal in the past. Readers are reminded any proposal has to go through Congress in order to be effective, so let them know where the retirement community stands.

THIRD TIER DRUGS

Some nasal allergy and asthma medications are being moved to the third tier or \$22 copay level which include: Beconase AQ, Rhinocort

Aqua, Omnaris, Veramyst, Patanase, Nasacort AQ. Asthma inhaler Maxair and inhalation solution Alupent. Inhalers: Flonase, Nasarel, Nasonex, Astelin, Atrovent, Ventolin, Proventil, Proair and Xopenex Weill remain at the normal copay along with the inhalation solutions Accuneb and Xopenex.

DoD will provide notification to users of the medications being moved so doctors can consider alternatives available at the lower copay. If doctors can justify the third tier medication as "a medical necessity" and if Tricare approves, the patient will continue the medication at the lower copay.

POSTAL RATE CHANGE

These days the check is not in the mail, it is electronically sent and daily mail travels by the Internet.

By virtue of non-utilization the U.S. Postal Service is broke resulting in a 2 cent increase for first class stamps. They will go from 42 to 44 cents on May 1.

In addition, the Postal Service has asked Congress for permission to reduce delivery five days a week. Talk is to eliminate delivery on Tuesday, the day with the least volume of mail, or on Saturday.

STIMULUS POSSIBILITIES

The following is a summary of items the WyNG retirement community could realize from the Stimulus Package:

Income tax rebate to those still working as a civilian. \$400 to single, \$800 to married. Credit will be calculated at 6.2 percent of earned income up to the capped amount. Credit phases out for adjusted gross incomes above \$75,000 single and \$150,000 married.

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Those receiving retired annuities, (i.e. Social Security, etc.) will be eligible for a one time \$250. Anyone eligible for this and the income tax rebate will have the \$250 deducted from the latter.

Those first time home buyers in 2009 will get a 10 percent tax credit up to a maximum \$8,000. Pay back will be required if the home is sold within three years of purchase.

Taxpayers purchasing a new car, light truck, RV or motorcycle in 2009 will be able to deduct state and local sales and excise taxes paid on the vehicle. Deduction will phase out for taxpayers with adjusted gross income above \$125,000 single and \$250,000 married.

GOOD OLD DAYS

Here are some eye opening facts about the "good old days."

In 1919, 9.5 hours of work could purchase a basket of groceries and 7.4 would buy 10 gallons of gas. Americans now work 1.7 hours for the groceries and 1.8 for the gas.

The average work week has fallen from 39.8 hours in 1950 to 33.8 hours today.

Life expectancy has jumped from 67.2 years in 1950 to 78 in 2007.

Years in retirement have risen from 0 in 1950 to 15.5 in 2007.

Percent of waking hours spent working has decreased from 45 in 1950 to 28 percent in 2007.

DOW FACTS

Last autumn when the Dow fell 7 percent and the market lost \$1.2 trillion in value, it did not make the top 10 of bad days on Wall Street. The top 3 are the 24.39 percent drop in 1914; 22.6 percent on Black Monday in 1987; and 8.04 percent a week later.

Wyoming Military Department
Retiree Newsletter
5500 Bishop Blvd.
Cheyenne, WY 82009-3320

Return service requested

TO YOUR HEALTH

Everybody sometimes suffers from motion sickness whether by car, boat, train or airplane. The body has mechanisms that sense motion and position and they all have to work together, if not, it results in seasick, carsick, train sick or air sick. Motion sickness includes fairly predictable symptoms. First nausea followed by cold sweat, flushing, drop in blood pressure and last step vomiting which does not relieve the symptoms as it does for most other illnesses. Some remedies are sit in front seat or drive the car, have a window seat on airplanes in front of the wing, at sea, the middle of the ship at water level. There are medications to prevent motion sickness which must be taken just before the trip begins. It is a good idea to talk to your doctor on how to prevent motion sickness.

ALZHEIMER'S NEWS

Studies show intellectual activity can slow the impact of the Alzheimer Disease. One of life's certainties is that we all age and with that brain functions become less sharp and memory starts to fail. Studies also show that exercising the brain by working crossword or Sudoku puzzles, playing cards or games helps keep the brain active and healthy. Here are some more ideas:

- * Eat a balanced diet. Brain requires glucose, vitamins and unsaturated fatty acids.
- * Exercise regularly. Promotes better blood flow which carries oxygen to the brain.
- * Sleep well. 7-9 hours a night.
- * No Bad Stuff. Too much alcohol, tobacco or stress impairs the brain.
- * Change things up. Our functions thrive and improve when we are faced with new ideas and events.

Retiree News -- Wyo. Military Dept.

ID THEFT

Watch your ID when you travel. Your credit cards are out and your guard is down. Keep the contents of your wallet to a minimum and you should take these precautions:

- * Notify credit card companies you will be away, especially if you are abroad. If you are in Turkey and charges come from London they will notify you and freeze your account. The sooner you know something is wrong the easier it is to sort it out.
- * Be careful while at restaurants and hotels. Watch carefully when clerks are handling your card. Recommend storing passports and valuable papers in the hotel safe.
- * Consider taking one credit card. If the number is stolen you will have to only cancel one. You can ask for a temporary card with separate number for the trip.

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